

ABSTRACT SUBMISSION AIC 2016: #12

1. Title:

Online self-monitoring to support implementation of routine suicide risk monitoring

2. Author(s):

Sarah Hetrick, Magenta Simmons, Alex Parker

3. Key words:

Naturalistic longitudinal cohort study, young people aged 14 to 25, depression, online self-monitoring

4. Abstract text:

a. Background and aims

Routine monitoring of depression symptoms and suicide risk is recommended in guidelines for the management of depression in young people, particularly for those initiated on antidepressants. However, this practice is not well implemented by clinicians. The aim of this study was to undertake a barrier analysis to inform a targeted, theory-driven, and evidence informed intervention, and to pilot test this intervention.

b. Methods

Focus groups were conducted with clinicians in a tertiary mental health service in Northwestern Melbourne. The focus group schedule was based on the Theoretical Domains Framework, and thematic analysis was used to analyse the transcribed data. An intervention was designed on the basis of this and tested in 101 young people and their clinicians in a naturalistic longitudinal cohort study.

c. Results

There were barriers at the individual clinician level; barriers related to the clinical presentation of young people; and service level barriers. Our intervention, an online self-monitoring tool, addressed some of these barriers and was acceptable and useful both to clinicians and young people.

d. Conclusion

Using the Theoretical Domains Framework we were able to identify barriers. On this basis we utilised e-Health intervention to support the implementation of ongoing monitoring of depression symptoms and suicide risk, a critical practice to ensure appropriate treatment planning and risk management.